



I love absolutely mushrooms. I hope this mushroom saute recipe will charm your heart and tickle your taste buds. It's healthy, filling and very delicious.

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### Ingredients

300 grams of chestnut mushrooms

2 tomatoes, sliced

1 red onion, diced

2 carrots, cubed

2 cloves of garlic, minced

1 green bell pepper, diced

Salt and Pepper for taste



## Method

In a frying pan, heat your vegetable oil and add your red onion and garlic. Allow this to lightly fry until they are soft. Add your salt and pepper at this point too.

Then, add your bell pepper and carrots. Let this sauté for about 3 minutes then add your sliced tomato. Allow this to sauté for another 3 minutes then add your mushroom.

Add them to the pan and sauté them for about 3-5 minutes.



**SERVE WITH:** Roast potatoes, Rice dishes, Ugali or with your favorite starch

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/carrot-bell-pepper-mushroom-saute/>